

TOUR NOTE

PLACE OF VISIT: Thainthynroh Village
DATE OF VISIT: 12th June 2014
VISIT UNDERTAKEN: Community Hall, Thainthynroh

OBJECTIVES OF THE VISIT:

- To attend the IEC Programme organised by ICDS Mawphlang in collaboration with State Resource Centre for Women

Representative/Resource Persons of the Programme:

- 1) Smt. D. Marbaniang
- 2) Smt. M. Kharkongor
- 3) Smt. I. Rapthap
- 4) Smt. E. F. Slong

The programme was organised by ICDS Mawphlang at the community hall in Thainthynroh and was attended by the Headman, village elders, women and children of Thainthynroh and the people of nearby villages. At the onset the Headman of the village welcomed all the participants who spared their time to attend the programme inspite of their busy schedule. He also welcomed all the resource persons who would lend their insights on important topics which would be of valuable use to the people of the village. At the onset the speech was given by Smt. O. Sumer. She talked on the importance of food and nutrition in human beings which is very much needed to built up our body and also keeps us immune from all sorts of diseases. She spoke about balanced diet which is very essential especially for women and adolescents. Balanced diet is very important for adolescent an girl which is the crucial age for them. It is also known as the Second Growth Phase. Iron is also very

important for inclusion in the diet of adolescent girls for they undergo menstruation. If the amount of iron is not taken, the adolescent girl may become anaemic.

Smt. S. Syiemiong, ANM of Mawphlang CHC stated on proper immunization which is very important and he was facing a lot of problems during the past when it comes to immunization for the infants. But as time passed by, people are now understood of its importance and many infants are properly immunised on time as per the advised from the doctors. He stated that the Govt. Have introduced one health programme known as Weekly Iron Folic Supplement Mission Programme. It will be introduced to school children for the age group of 10-19 years in the form of folic acid which will be given once a week in many health centres that is on every Monday. He stated that immunization for pregnant mothers is very necessary right from the start. Then they should register themselves with the Anganwadi or the ASHA. The injection to prevent from Hepatitis B is introduced by the Govt. for pregnant mothers and infants. He stated the stressed on the immunization regarding on DPT, OPV, Measles injection and Hepatitis B.

Smti. P.Lyngdoh, lady supervisor of Mawphlang ICDS, stated on the importance of Pre-School in the Anganwadi Centre. The Anganwadi centre is not only meant for distribution of supplementary food but only to educate those children below the age of 3-4 years or in other words preparing them for schooling (formal school). In Pre-School there should be the strategies or methods to be included for all-round development the children. The first strategy includes Physical development, cognitive development and social development. The second strategy includes individual and group activities. The third strategy includes the outdoor activities by teaching them how to understand the surrounding or the environment. The fourth strategy which is very important and it includes interesting and attractive.